

**Statistics Report 35178, Elk, free range, roast, eye of round, cooked (Shoshone Bannock)**
**Report Date: May 31, 2017 03:58 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a>	g	64.58	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	148	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	619	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein	g	30.56	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) <a href="#">1</a>	g	2.85	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash <a href="#">1</a>	g	1.32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe <a href="#">1</a>	mg	2.68	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg <a href="#">1</a>	mg	26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phosphorus, P <a href="#">1</a>	mg	236	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K <a href="#">1</a>	mg	369	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na <a href="#">1</a>	mg	50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn <a href="#">1</a>	mg	4.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu <a href="#">1</a>	mg	0.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn <a href="#">1</a>	mg	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se <a href="#">1</a>	µg	20.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Thiamin <a href="#">1</a>	mg	0.164	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin <a href="#">1</a>	mg	0.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Niacin <a href="#">1</a>	mg	7.960	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid <a href="#">1</a>	mg	0.900	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 <a href="#">1</a>	mg	0.914	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total <a href="#">1</a>	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Folate, food <a href="#">1</a>	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Vitamin B-12 <a href="#">1</a>	µg	1.95	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.47	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta <a href="#">1</a>	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma <a href="#">1</a>	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Tocopherol, delta <a href="#">1</a>	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	1.125	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 <a href="#">1</a>	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 <a href="#">1</a>	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:0 <a href="#">1</a>	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0 <a href="#">1</a>	g	0.821	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 <a href="#">1</a>	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 <a href="#">1</a>	g	0.166	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 <a href="#">1</a>	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	1.353	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 <a href="#">1</a>	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated <a href="#">1</a>	g	0.496	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:1 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated	g	0.786	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 c <a href="#">1</a>	g	0.767	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 t <a href="#">1</a>	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 <a href="#">1</a>	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.137	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated	g	0.092	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:2 n-6 c,c <a href="#">1</a>	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:2 t,t <a href="#">1</a>	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-6 c,c,c <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated <a href="#">1</a>	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated <a href="#">1</a>	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total trans	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fatty acids, total trans-monoenoic	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Cholesterol <a href="#">1</a>	mg	63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a>	g	0.353	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine <a href="#">1</a>	g	1.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine <a href="#">1</a>	g	1.476	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine <a href="#">1</a>	g	2.724	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine <a href="#">1</a>	g	2.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine <a href="#">1</a>	g	0.998	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine <a href="#">1</a>	g	0.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine <a href="#">1</a>	g	1.322	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine <a href="#">1</a>	g	1.162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine <a href="#">1</a>	g	2.368	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine <a href="#">1</a>	g	2.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine <a href="#">1</a>	g	1.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine <a href="#">1</a>	g	1.910	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid <a href="#">1</a>	g	3.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid <a href="#">1</a>	g	5.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine <a href="#">1</a>	g	1.407	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline <a href="#">1</a>	g	1.268	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine <sup>1</sup>	g	1.557	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA AIAN NFNAP Shoshone-Bannock, Fort Hall, Idaho, 2003 Beltsville MD